

## 4th Engineers heat up downtown with chili

by **2nd Lt. Martin Sigli**  
*4th Engineer Battalion*

Muscular dystrophy is a leading illness among American youth, affecting more than 1 million each year. The disease is caused by below normal production of proteins that the body needs to heal and strengthen muscles.

There are many agencies that raise money for research to help people and fight against MD. One such agency is the Muscular Dystrophy Association. The MDA combats neuromuscular diseases through programs of worldwide research, comprehensive medical and community services, and far-reaching professional and public health education.

In light of this information, the 4th Engineer Battalion took on a mission to impact this epidemic by showing its support using special skills in the kitchen. With the unit activating in coming months and a list of things to accomplish a mile long, the engineers took to the streets to raise money for the MDA in the Fourth Annual Fire Fighters Chili Cook Off.

The Fire Fighters Chili Cook Off is an event the Professional Fire Fighters of Colorado Springs and surrounding fire stations put together to raise money for the MDA. Last year's event raised more than \$8,000 and the 4th Engineers wanted to help beat that dollar amount by supporting Jerry's Kids. The event took place June 30 on Tejon Street in downtown Colorado Springs,

where 14 groups entered the competition to see whose chili was best.

The event also served as a launching pad for unit cohesion, esprit de corps and a way to disconnect from the many challenging tasks of standing up a unit. By having the entire unit contribute to the event, the Soldiers succeeded in their task. Soldiers were motivated in the efforts to carry on the highly recognized name of the 4th Eng Bn Sgt. Jerry Young said, "Activities downtown over the Fourth of July weekend were great for the morale of the Soldiers in the 4th Engineer Battalion, and it gave new privates an excellent chance to come together on a common mission and take pride in their new unit."

With the help of the 1157th Engineers Fire Fighting Company, National Guard, and the support of 43rd Area Support Group, Soldiers of the 4th Eng Bn had a week to prepare for the event. In order to complete this mission, the 4th Eng Bn put in extra hours to assemble the necessary supplies required to cook more than 25 gallons of green or red chili.

Staff Sgt. Robert W. Hufford said, "I found that the chili cook off was a great opportunity to help MDA and at the same time build camaraderie between me and other Soldiers. One of my Soldiers, Pfc. Jeffery McKinney, two of our lieutenants and I stayed up till 4:30 a.m. cooking a lot of chili.

"This was a pretty big task; we had to make a lot of chili on such short



Photo by Master Sgt. Dennis E. Beebe  
Pvt. Andrew Miller, 4th Engineer Battalion, spoons up some chili at the Fourth Annual Fire Fighters Chili Cook Off in downtown Colorado Springs June 30.

notice due to the fact that my chili recipe took too long to get here," McKinney added. The motivation of these two Soldiers and the help of the entire battalion, mostly made up of new Soldiers right out of basic and advanced individual training courses, made the mission happen to help Jerry's Kids.

Preparations included a giant red engineer castle serving as the front wall

## Dial in for diabetes support

by *TriWest Healthcare Alliance*

TRICARE beneficiaries with diabetes have a new, convenient support tool at their fingertips.

TriWest Healthcare Alliance has launched a new phone-in support group forum in response to suggestions from TRICARE beneficiaries who spotted the need for diabetes support.

"People who have had diabetes for a long time have expressed a need for a forum where they can discuss their feelings about having diabetes," said Kathi Sobera, director of TriWest's Population Health Improvement department.

"This program is free to eligible beneficiaries under age 65, regardless of their benefit plan or other services they may be receiving."

The diabetes support group is open to beneficiaries and their family members. Up to 15 people can participate per session.

To enroll, call (888) 259-9378 and ask for the Diabetes Forum. Forums are held at 10 a.m. on the first Thursday of the month and 4 p.m. on the third Thursday.

The program encourages participants to speak openly and honestly about their experiences with diabetes and is facilitated by its developer, Jackie Magyar, a dietitian and certified diabetes educator.

"This program provides a safe environment for beneficiaries with diabetes to share how their disease affects their lives and share experiences with others going through the same thing," Magyar said.

Future plans for this program include adding guest speakers to address specific questions and providing more sessions throughout the month.

**Editor's note:** For more information visit [www.triwest.com](http://www.triwest.com).

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# Resty says goodbye to Mountain Post

Commentary by  
Col. Michael Resty Jr.

*U.S. Army Garrison commander*

As I depart Fort Carson as the garrison commander, I would like to thank all the wonderful people who have made this experience for me and my family one to remember.

Anne, the boys and I cannot put in words what the past three years have meant to us personally as well as professionally.

Commanding a garrison is both a daunting task and the most rewarding experience any Soldier can imagine. Responsibility for the day-to-day operations and for the care and feeding of Soldiers and their families has tremendous rewards. The United States Army Garrison at Fort Carson is the most highly respected and

recognized organization within the Installation Management Agency due largely to the tireless efforts and dedication of the more than 3,000 civilians and Soldiers assigned here.

Department of the Army civilians are the driving force behind all that happens at Fort Carson. They are professionals whose interests go far beyond the normal work day. They work hard, are driven and are motivated by the desire to help Soldiers.

They know what is important and put all of their efforts in accomplishing their missions despite all of the challenges that are placed before them. I am extremely proud of all that this organization has done in assisting our nation as we continue to support the Global War on Terror.

Although the United States Army Garrison at Fort Carson does not get

the same level of notoriety that combat formations get when they return home, the garrison is integral in the preparation, execution and return of these veteran formations.

There are no ticker-tape parades, mass re-enlistments or unveiling of war memorials for the garrison team that makes the Mountain Post what it is today.

There is no pomp and circumstance for what we do every day.

There is simply the intense desire by a great group of proud civilians to make things happen for this nation that they are so proud to be a part of.

I have seen this devotion day-in and day-out for three years. I have been extremely proud to stand before them and represent what is right about this organization and I have been proud to serve as their commander.



Resty

## World Cup Soccer; what's the big deal?

by Pfc. Paul J. Harris

*Army News Service*

**BAOUBAH, Iraq** — With “World Cup fever” currently gripping the globe, many of my American friends here and back home keep asking me “What is the big deal?”

Let me try and put it into perspective: I grew up a child of immigrants. My mother and father came to the United States from England in 1963. My father was in the British army during the ‘50s before taking a job as a mechanic for Rolls Royce Motors, which was a catalyst in bringing them to California, where I was born and grew up.

My earliest memories of bonding with my father, like those of many of my male friends, were watching sports. It was at these moments that he would try to explain the offside trap to me and recount the glories of England winning its only World Cup to date in 1966.

Those of you from Texas who can remember watching the 1981 NFC championship game between the Cowboys and 49ers when Joe Montana hit Dwight Clark in the back of the end zone to send San Francisco to its first Super Bowl, I can feel your frustration.

I can vividly remember my father going absolutely ballistic during the infamous Diego Maradona “Hand of God” goal during the England and Argentina match in the 1986

World Cup in Mexico.

The games can have much more meaning than what is displayed on the pitch. England and Argentina had recently fought a war over the Falkland Islands — losing the match the way England did was more salt in an open wound.

That’s what is really spectacular about the games. It is the sense of nationalism that comes out in people from all over the world. It is what brings people out into the streets to cheer and party like it is Mardi Gras.

The U.S. caught a glimpse of what could have been in the 2002 World Cup before losing in the quarterfinals to Germany. America had high hopes this year and was expecting to do better than failing to get out of the group stage.

I also had high hopes of going to the games this year in Germany; unfortunately my leave was pushed up to March. It was around this time that the idea of bringing the World Cup to Forward Operating Base Warhorse came to me. I wanted to bring that



in support of Operation Iraqi Freedom.

**Editor’s note:** Pfc. Paul

J. Harris writes for the 3rd Heavy Brigade Combat Team, 4th Infantry Division, Public Affairs Office. He is currently deployed in support of Operation Iraqi Freedom.

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sense of national pride to the diverse multicultural faction we have on the base.

After putting up a couple of fliers and getting teams from six nations to play, I had no inclination of the turnout the base would produce. During the Sierra Leone vs. Republic of Georgia game in the opening round, there were an estimated 200 people watching on the sidelines — all for a soccer game played on a dirt field in the middle of a war in the desert!

I felt a great sense of pride when I saw a large group of Iraqi workers holding a huge American flag and cheering on the 3rd Special Troops Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, in its game against Turkey.

Maybe through the beautiful game we made a dent in the right direction in the relations of our respective countries.

That is why the World Cup is a big deal to me.

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# NEWS

## Mental-health services help Soldiers cope with combat

by Donna Miles

*Army News Service*

**WASHINGTON** — Soldiers who undergo the most intense, realistic training before deploying to combat tend to experience the fewest associated mental-health problems, the Army's surgeon general told Pentagon reporters during a roundtable session last week.

Lt. Gen. (Dr.) Kevin Kiley compared deploying Soldiers to football players preparing for a big game. Those who "put on the pads every day and try intercepting every day" are more prepared for the rigors of the game.

Troops returning from combat deployments demonstrate that similar preparation helps steel them for the stresses they inevitably face, Kiley reported.

"The ones who were the most distressed said they needed more, tough training," he told reporters.

The Army's emphasis on what Kiley called "battle-minded training" recognizes basic facts about combat,

he said. "It's hard. It's dangerous. It's scary," Kiley said. And by preparing for those realities, Soldiers are more prepared when they're exposed to them, he said.

Regardless of what some headlines might lead people to think, most Soldiers don't have mental-health problems during or after their deployments.

"When our Soldiers return home, most will experience a brief readjustment period and a successful home transition," Kiley said. "The majority of troops are, and will remain, mentally healthy."

Kiley acknowledged, however, that deployments — particularly those which expose troops to prolonged combat — put heavy stressors on even the most healthy troops. Some will need short- or long-term counseling to help with their transition, he said.

He estimated that 15-30 percent of Soldiers returning from Iraq experience symptoms of post-traumatic stress or other mental-health issues. "This is not unusual after combat," he said.

Early diagnosis and treatment is the key to keeping these symptoms in check and preventing them from becoming full-blown disorders, he said. Toward that end, the Army provides its members mental-health support that begins before they deploy and continues throughout their deployment and after they return home.

"More than any time in our history, our Soldiers and our commanders are armed with information about combat and its impact on mental and behavioral health," Kiley said. "We have more resources available at home and in the theater of operations than ever before."

Kiley cited examples of that support:

- Routine use of pre- and post-deployment health screenings to assess Soldiers' mental as well as physical health;

- A new post-deployment health assessment to assess mental and physical health three to six months after a Soldier redeploy;

- Mental- and behavioral-health

specialists in theater who provide education, support and treatment, as needed, for deployed troops;

- Mental-health advisory teams that have deployed to Iraq and Afghanistan four times to assess how troops are doing and how well the Army behavioral health services offered to them are working; and

- Follow-up treatment and short- or long-term counseling, as needed, to help Soldiers readjust after returning from a deployment.

As it provides more mental-health services to its members, the Army is helping to erode the stigma that has long been associated with seeking such services.

Kiley noted the irony that a Soldier who thinks nothing of getting long-term treatment for a broken ankle or other physical ailment might be hesitant to care for "the most complex and fragile organ," the brain.

Making mental-health screenings and services an integral part of the Army's health-care program is helping to change that culture, Kiley said.



# Club offers affordable weekly condos to DoD ID cardholders

**by Luke Elliott**

*Army News Service*

**WASHINGTON** — Department of Defense identification cardholders are eligible for weekly condominium rentals at 3,500 resorts in 80 countries worldwide.

Provided by Morale, Welfare and Recreation and sponsored by Resort Condominium International, the Armed Forces Vacation Club offers space-available condominiums for \$299 a week.

The program gives Soldiers and other DoD workers affordable accommodations in condominiums that would otherwise go empty, according to Verlin Abbott, RCI director of AFVC.

While the program provides low-cost accommodations to vacation resorts around the globe, Abbott

stressed that the condos are “space available” only.

“Don’t expect to go to Virginia Beach on the Fourth of July. Go about this with the same approach as a Space-A Hop (flight),” Abbott said, adding that the best time to search for a condo is 45-55 days out.

For such high-demand areas as Hawaii, Las Vegas and Key West, users rarely see openings until a couple of weeks out, especially during peak seasons.

For each reservation booked using a post identification number, the installation MWR program receives \$25 from the club.

“This money helps add to welfare and recreation programs for Soldiers,” said Elvira Franco, manager of the Information, Ticketing and Registration Office at Fort Bliss, Texas.

“I’m often asked, ‘What are the dues?’” said Abbott.

“If you’re wearing a uniform, you’ve already paid your dues. We hope all Soldiers get a chance to take advantage of the program — they deserve it.”

The AFVC is available to active-duty and Reserve members, adult military dependents, retired service members and their families. Department of Defense civilians, non-appropriated fund civilians, retired DoD civilians, foreign exchange service members on permanent duty with DoD, DoD dependent school teachers, 100-percent disabled veterans and some contractors working on military installations.

For more information visit the Armed Forces Vacation Club Web site at [www.afvclub.com](http://www.afvclub.com).

## Chili

From Page 1

The 4th also managed to grab a third place award from an expert panel of judges in the best “hot chili” category.

Grabbing two awards out of five categories showed that the engineers can be successful in the kitchen as they are on the battlefield.

Even though engineers may be known for their work with shovels, bull dozers and explosives, not many realize that there is much more to these Soldiers than digging holes and blowing stuff up.

One thing that the Soldiers and the local community can take from the competition is that the 4th Eng Bn is not just here to serve its country in war.

The Soldiers of the battalion are also here to help serve the community and to help in a nationwide effort to support those with muscular dystrophy.



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# MILITARY

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## Pacesetters conducting diverse missions

by Pfc. Paul J. Harris

*3rd Heavy Brigade Combat Team*

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**BALAD, Iraq** — It is a different war from 2003. In Operation Iraqi Freedom I, coalition forces were still fighting the remains of a traditional army. Three years later, the battlefield has evolved and so, too, must the Soldiers who fight in it.

The Soldiers of 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, thought they were coming to Iraq to provide fire support for Logistical Support Area Anaconda. They did not realize that in addition to providing fire support, their mission would change constantly and they would end up being more like a maneuver battalion than a fire battalion.

“Our battalion task force is probably the most diversified of any task force that has ever been,” said Command Sgt. Maj. Dean Keveles, command sergeant major, 3rd Bn, 29th FA. “Taking an artillery battalion that is used to only shooting cannons and making them into a maneuver unit and still having the responsibility of counter fire missions, that is a sexy mission.”

Radar detects incoming rounds and immediately generates a counter fire mission request. It is up to Sgt. 1st Class Alberto Vasquez, battalion chief fire control noncommissioned officer, to make sure the airspace around the LSA is clear before sending the fire mission down to the fire teams.

“The hard part is clearing the area for collateral

damage,” Vasquez said. “We work closely with the Air Force to get visuals from its planes in the sky to make sure we do not shoot into an area that is populated.”

All Vasquez has to do to get clearance is pick up a dedicated phone to Balad Air Tower and tell them which type of gun he is preparing to fire. Within seconds the tower can give him clearance. With Balad Air Base being one of the busiest airports in the world not every clearance request is granted.

“It gets frustrating because your sole mission is to protect the LSA,” Vasquez said. “You are receiving indirect fire from the enemy and you want to shoot back but you can’t because of air clearance.”

“Just because a bad guy shoots from behind a school, we do not want to destroy that school,” Keveles said. “That is the difference between us and them; our morals and our values govern our behavior. We are not willing to put innocent lives at stake to reach our ideals and goals as much as they are.”

If the insurgent cannot be fired upon at least he can be tracked using a new piece of technology called the Raven. It is a small Styrofoam plane coated with Kevlar to give it durability. It has two cameras; one for day and one for night. Coordinates can be fed into a computer that sends it to the Raven via a Global Positioning System receiver built into the plane.

The Raven is mostly used for “terrain denial,” said Sgt. Nathan Wyatt, lead Raven operator. “Most of the time the bad guys can hear the plane so they know we are

watching them. It keeps them out of the area we are patrolling and prevents them from placing an improvised explosive device or mortar tube by the side of the road.”

The Raven can be flown from inside a moving vehicle, giving more aid to patrols outside the wire. The area tasked out to the unit to patrol and secure is equivalent to three times the size of Colorado Springs. It is the Soldiers in these patrols that have had to learn new systems like the Raven, and adjust more than any other patrol in the Pacesetter Battalion.

Staff Sgt. Donald White has covered most of the terrain and has had to wear many different hats in doing so. In addition to fighting the enemy, he and his patrols have also had to be teachers in helping train and work with soldiers from 4th Battalion, 1st Brigade, 4th Iraqi Army Division, and diplomats in dealing with the Iraqi people he encounters on patrol.

On a recent patrol White heard mortar fire coming from a house in the town of Abu Hishma. Upon approaching the house, it was discovered the insurgents’ round had detonated in the courtyard, killing an Iraqi girl. White returned to the house the next day to offer his condolences to the family and to tell the father of the little girl ‘we are here to catch the people who did this to your little girl.’

White is a great gun chief, Keveles said. He knows how to get behind a gun and take care of the



# Military briefs

## Miscellaneous

**Warrant officer recruiting** — A warrant officer recruiting team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will brief on qualifications and application procedures Tuesday-Thursday at Grant Library. Briefing times are Tuesday and Wednesday, 10 a.m., 1 p.m. and 5 p.m. and Thursday at 10 a.m. and 1 p.m. For more information call (520) 538-4823 or (270) 304-9125.

**DOC closure** — The Army Contracting Agency Northern Region Fort Carson Installation Contracting Office will be closed today beginning at 11 a.m. for organizational day. For emergencies call 338-9520.

**DOIM minimal manning** — The Directorate of Information Management will operate under minimal manning today from 11:30 a.m.-4:30 p.m. due to organizational day. For emergencies call 526-2270.

**5th Bn, 7th Cav Association** — Members of the 5th Battalion, 7th Cavalry Association will host a reunion July 30-Aug. 6 at the Academy Hotel in Colorado Springs. For more information or to R.S.V.P. call 390-3684.

**Harmony In Motion auditions** — Fort Carson's Harmony In Motion singing group is holding open auditions for sopranos, altos, tenors and basses Monday-July 21 at Freedom Performing Arts Center. For details visit the Web site at [www.carson.army.mil/harmony](http://www.carson.army.mil/harmony) or call Sgt. Joshua Soelzer at 338-2340 or 524-3618.

**Casualty training** — Fort Carson holds casualty training Tuesday-July 21 from 8:30 a.m.-4:30 p.m. in bldg 1117, the Mountain Post Training and Education Center, room 202B. This training is mandatory for Soldiers assuming casualty assistance officer and casualty notification officer duties. For more information call 526-5613 or e-mail [casualty\\_gl@carson.army.mil](mailto:casualty_gl@carson.army.mil).

**Environmental Health training** — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on heat and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

**Joint Personal Property Shipping Office** — The Joint Personal Property Shipping Office is scheduling group briefings to accommodate Soldiers set to depart the Mountain Post this summer. Individual briefings will not be held except in emergencies. All briefings will be group briefings. Soldiers must make an appointment to attend group briefings by calling 526-3755 or stopping by bldg 1220.

**Learning Resource Center offerings** — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more. Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-8 p.m. Friday 9 a.m.-5 p.m. and Saturday 10 a.m.-3 p.m. For more information call the Learning Resource Center at 526-4058/8077.

**DPW services** — Do you know who to call when a windstorm causes damage to your facility, overturns a portable latrine or when trash containers are overflowing?

The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

• Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.

• Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.

• Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.

• Elevator maintenance — Call Larry Haack at 526-6669.

• Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.

• Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

• Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

• Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

## CIF Hours

### Regular business hours

Due to the number of Soldiers who need to clear the Central Issue Facility during July, CIF is adjusting its operating hours temporarily. CIF will revert to normal operating hours Aug. 1. Soldiers may make turn-in appointments by calling 526-3321. Listed below are the new operating hours.

### Initial issues

Monday, Wednesday and Friday 7:30-11:30 a.m.

### Partial issues

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

### Cash sales/report of survey

Monday through Thursday from 7:30-11:30 a.m. and 12:30-3 p.m. and Friday from 7:30-11:30 a.m.

### Direct exchange

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

### Partial turn-ins

Monday through Thursday from 12:30-3 p.m.

### Full turn-ins

Monday, Wednesday and Friday 7:30-11:30 a.m. and Tuesday and Thursday from 7:30 a.m.-3 p.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

## Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

• **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

• **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

• **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

• **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

**Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

**Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

**Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m, Friday from 8 a.m.-1 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

*Wolf Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Indianhead Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Butts Army Airfield* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

*Patton Inn* — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Striker Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*10th SFG* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

**Special Forces briefings** — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical.

Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

**ACAP briefing** — The Army Career and Alumni Program preseparation briefing is required for all departing service members.

Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m, bldg 1118, room 133.

Call 526-1002 to schedule the briefing.

**ETS briefing** — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at bldg 1042, room 310.

Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave.

Call Orlando James at 526-2240 or e-mail [Orlando.James@carson.army.mil](mailto:Orlando.James@carson.army.mil).



**BOSS meeting** — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month from 1:30 to 3:30 p.m. For information, call 524-BOSS.





Photos by Sgt. Clint Stein

## *A final salute*

**Above:** Soldiers of the 2nd Brigade Combat Team Honor Guard present arms during the playing of Taps at a memorial service in honor of Pfc. Benjamin Alan Rausch.

**Right:** The boots, Kevlar helmet and photo of Rausch are displayed during his memorial service at Soldiers' Memorial Chapel July 6. Rausch lost his life as a result of a motorcycle accident that took place July 2. Rausch is survived by his father Alan Rausch, his mother Ilene Rausch and his sister Jennifer.





# Iron Brigade celebrates Fourth of July

**by Pfc. Paul J. Harris**  
*3rd Heavy Brigade  
Combat Team*

BALAD, Iraq — Service members celebrated the Fourth of July at Logistical Support Area Anaconda near Balad, Iraq, even though they were thousands of miles away from the U.S. For Bulldog Troop, 2nd Squadron, 9th Cavalry, 3rd Heavy Brigade Combat Team, the day started promptly at 9 a.m. with a promotion and awards ceremony followed by a troop barbecue.

Staff Sgt. Scott Lathan, senior medic, attached to B Troop, received a Purple Heart for shrapnel wounds to the face he received from an improvised explosive device while on patrol.

Sgt. Travis Rupert received the Army Commendation Medal for spotting an insurgent carrying IED assembly equipment and alerting coalition forces of his location. The man was later detained.

"It is an honor considering this is Independence Day and to be awarded on a day like

today compares to no other," said Rupert.

Capt. Ronald Magtanog, executive officer, said he was humbled to stand before the troop for the festivities. The troop had been scattered across different bases assisting in Iron Brigade's mission. It was the first time the troop had been together in a long time.

"We are a long way from home but we are with our family," Magtanog said, "This is my family right now."

Those Soldiers who did not have to go on patrol later in the evening were given the rest of the day off and were encouraged to take part in the activities Morale, Welfare and Recreation had planned for the service members of LSA.

The pool was a busy place with service members barbecuing, playing water volleyball or horseshoes. MWR set up two special events: a water dodge ball tournament and a tug of war competition.

Pyrotechnics were prohibited for the Fourth, but Warner Bros. Studios arranged a special screening of "Superman like home."

Returns." In every seat cup holder was a postcard that had been mailed from the U.S with messages of encouragement. The program entitled, "Operation Superhero," had the cards "Let our troops know why they are true super heroes."

Participants in the U.S. were asked to write messages to the troops in Iraq and mail the postcards to Warner Bros., which would send them on to the screening. Most of the handwritten messages contained phrases like "you are the real Supermen" and "please come home safe."

Pfc. Chris Paukei, military Headquaters Company, 3rd Special Troops Battalion, 3rd HBCT, was on his way to Kuwait to go on mid-tour leave and decided to see the film.

He said he was surprised that in the middle of the desert he was able to see a first-run movie.

"It shows the support we are getting for the war," Paukei said. "It felt good, felt a little like home."

## Pacesetters

From Page 5

enemy but he also has a big heart as well, kind of like a big muscular teddy bear.

Kevels attributes a lot of the success the unit has had to the senior command and for empowering the NCOs, letting them learn from their mistakes and expand their capabilities.

"Instead of telling them how to do every little step of the mission, we allow them to use their brain cells," Kevels said. With Soldiers going out on patrols every day and new armor and technology being added to the Humvee, it creates a lot of wear and tear on the vehicle.

"The Humvee was never designed to do what it is doing now; it was a replacement for the jeep," said 1st Sgt. Richard Koepfel, first sergeant, Company G Forward Support Company, 64th Brigade Support Battalion attached to 3rd Bn, 29th FA. "For what it does, it is superb."

The amount of maintenance the vehicles require in a desert condition keeps the maintenance crews of Co G very busy.

We have a lot of new Soldiers out here on their first deployment and one of the good things about being out here is the constant experience they are getting, Koepfel said.

Napoleon said an army marches on its stomach and today's Army is no different. It was Co G's job to get food twice a day to places like Forward Operating Base O'Ryan where there is no dining facility. The job has since been transferred to another battalion but that does not mean the cooks' job is finished. They have been tasked out to Forward Operating Based Warhorse to provide security for the Provincial Reconstruction Team.

"The thing that allows me to hold my head up high on this place is the ability of my Soldiers to adjust to this type of mission we were given that has made us so diversified," Kevels said. "What is the motto of the field artillery, the 'King of Battle,' we can adapt and overcome."

# COMMUNITY

## Financial resolutions not just for New Year’s

by Jason Alderman

*Practical Money Skills for Life*

By the summer, many of us have forgotten about our New Year’s resolutions. We’ve either successfully lost those 10 pounds, or given up until next January. But you still have several months to make good on your pledges, and a whole lifetime to reap the rewards.

Not surprisingly, many resolutions involve money issues, whether it’s sticking to a budget, curbing spending or paying off debt. You can achieve all these goals with careful planning, realistic expectations and hard work.

Make a budget and stick to it. You’d never expect to run a business successfully without adhering to a budget, so why should your personal life be any different? It all boils down to how much money is coming in versus how much is going out. If the outgoing exceeds the incoming, you won’t be able to overcome debt, much less get ahead and save for the things you really want. Here are a few tips:

- When calculating monthly expenses, don’t forget the small things. Spending \$3 a day on lattes adds up to more than \$1,000 a year.

- Remember to include larger, infrequent expenses like auto or homeowner’s insurance and car maintenance.

- Many tools are available to help with budgeting: Money magazine’s Web site, [www.money.com.com/pf/101](http://www.money.com.com/pf/101), features a step-by-step guide called Money 101 to help you set

financial goals. Visa USA also sponsors a free personal finance site, Practical Money Skills for Life, [www.practicalmoneyskills.com](http://www.practicalmoneyskills.com), where interactive tools help you track expenses, set up a livable budget, calculate retirement income needs, and more.

- Change your spending habits. Think about bringing your lunch to work a few days a week, consolidating errand trips to save gas, and trying generic brands instead of premium labels. The Practical Money Skills site has a section called “Smart Shopping” with tips on everything from shopping for a used car to spotting telemarketing fraud.

- Some habits die hard, but

are worth the effort to quit. For example, if you smoke a pack of cigarettes a day at \$4.50 a pack, that’s over \$1,600 a year. By investing that same money (assuming an 8 percent annual rate of return), after 15 years you’d accumulate more than \$45,000 — and you’d have taken care of another resolution to boot.

- Pay off debts. Resolutions often fail if guilt is the motivating factor, so don’t dwell on how you got into debt — concentrate on how you’re going to get out. Try these tips:

- Always pay more than the minimum amount due on your loan or credit card bill. This will slice the time it takes to repay the loan and will save you money by cutting the total interest payment.

- Look into consolidating debt from higher interest rate cards onto one with a lower rate. Several Web sites let you compare credit card interest rates and other features, including [www.bankrate.com](http://www.bankrate.com). Just be sure to examine all the terms: Sometimes low rates apply only during an introductory period, or additional fees may drive up the overall cost.

- Consider using part of your savings to pay off high-rate card balances — just be sure to leave enough savings for emergencies.

As with all resolutions, reducing your debt and boosting saving isn’t easy. But the payoff is well worth the effort.

**Editor’s note:** Jason Alderman directs the Practical Money Skills for Life program for Visa USA. More budgeting and personal finance tips can be found at [www.practicalmoneyskills.com](http://www.practicalmoneyskills.com).



## TSA reminds travelers to leave starch, anti-cling spray behind

*Public Affairs Office*

By now, most air travelers know that they can’t take guns, knives and cigarette lighters aboard an aircraft. But what about spray starch or anti-cling spray?

Many items travelers wouldn’t even think about are considered prohibited. Bringing a prohibited item to a checkpoint or packing it in your check-in baggage is illegal: you can be criminally prosecuted, although you will probably be asked to dispose of the item. Many items that you cannot carry on with you can be checked. Some cannot travel with you unless there is an exemption to policy, but asking for that exemption at the gate is not an option.

The Transportation Safety Administration screeners can hold on to any prohibited items as evidence for criminal or civil prosecution. Screener can allow travelers to:

- Consult with airlines for possible inclusion of the item in your checked baggage.
- Withdraw the item from the

screening checkpoint

- Make other arrangements for the item to be removed from the area, such as returning it to your car or giving it to another person who is leaving the airport
- Voluntarily abandoning the item, either with the security personnel or by disposing of the item, if that is allowable. A voluntarily-abandoned item cannot be returned to the owner.

Even unintentionally bringing prohibited items can result in a fine, but it will not always happen. Fines can be as high as \$10,000 with a criminal referral, but the TSA screeners do look at the situation: if you display an attitude or they feel you are artfully concealing the item, you are likely to be arrested or fined. If it is obvious that you are not aware of the situation or it appears to be an honest mistake, they will work with you to correct the situation.

Prohibited items Soldiers are most likely to be caught with are spray starch and anti-cling sprays,

because they are used at the destination to touch up uniforms. Some aerosols, like hairspray or deodorants can be carried on aircraft, as they are considered personal care items or toiletries. Even Mace and pepper spray, which were once prohibited, may be carried in checked baggage with some limitations.

It is best to buy spray starch and anti-cling sprays at your destination and throw it out before

you return to the airport.

The list of prohibited items or those items that can only be carried in checked baggage changes frequently. At one time, even small scissors and nail files were prohibited, but are now allowed.

Before you travel by air, you should check the current lists at the TSA Web site at [www.tsa.gov/public/interapp/editorial/editorial\\_10112.xml](http://www.tsa.gov/public/interapp/editorial/editorial_10112.xml).





# Community briefs

## Miscellaneous

**ACS changes hours of operation** — All Fort Carson Army Community Service facilities have changed their operating hours. On Mondays, Wednesdays and Fridays the Family Readiness Center, Family Connection and Family University will close at 3:30 p.m. Operating hours are being adjusted due to the reduction in contracted custodial services and the need for ACS staff to conduct these services.

Classes scheduled at the FRC will also conclude at 3:30 p.m. on Mondays, Wednesdays and Fridays. Tuesday and Thursday operating hours will not change.

**Fire restrictions** — Fort Carson's Fire and Emergency Services has lifted the burn ban that was in effect in June and has implemented the following restrictions. No bonfires or open-burning permits will be issued. These activities are prohibited. Recreational fires are only permitted in permanent manufactured pits, grates and devices or fire rings within developed sites or portable grills.

All model rocket use requires a no-charge permit issued by the Office of Fire Prevention. Fireworks remain illegal and prohibited on Fort Carson. Proper disposal of hot coals and charcoal must be adhered to at all times.

For more information call 526-2679/9355.  
**Fountain-Fort Carson School District Eight** — A regular meeting of the Board of Education of El Paso County School District Eight will be held in the conference room of the Central Administration building, 425 W. Alabama Ave. in Fountain, July 31 at 6 p.m.

The agenda can be viewed on the district's Web site at [www.frc8.org](http://www.frc8.org) or at the Central Administration building.

**Free outdoor climbing wall experience** — The Outdoor Recreation Complex allows users to climb the outdoor climbing wall free each Wednesday through Aug. 16 from 5-8 p.m. All children must be accompanied by an adult.

The Outdoor Recreation Complex is located at bldg 2429, Specker Avenue. Call 526-5176 for details.

**Fort Carson Restoration Advisory Board** — Fort Carson invites the public to learn about environmental restoration projects on post at quarterly restoration advisory board meetings. The RAB meetings offer informative presentations on a variety of ongoing site cleanup projects. Fort Carson is committed to proactive environmental stewardship and needs your input.  
The next meeting is Aug. 10 at 6:30 p.m. at the Elkhorn Conference Center, bldg 7300.  
For more information on the RAB or to find out about access to Fort Carson for the meeting call 526-8001.

**School Advocacy 101** — The Exceptional Family Member Program will teach School Advocacy 101, a course designed to teach parents how to be an advocate for their children with special needs. Subjects covered include how to navigate the special education process; information on special ed laws, rights and responsibilities; how to interpret an individualized education program; tactics and strategies for effective advocacy and how to tap into community services and support.

Seating is limited and registration deadline is July 28. The event is Aug. 8 from 6-8 p.m. For more information call 526-4590.

**PPCC Women's Re-entry Events** — Pikes Peak Community College Women's Re-entry Program is designed for women who want to get back into college after being out of school for several years.

All events are free and held on the Centennial Campus, 5675 S. Academy Boulevard. To sign up call 540-7501. "Career Services: What do you want to be when you grow up?" is offered Thursday from 6-8 p.m. in room C-103. Learn about your aptitude and skills and where they can take you in life.

**Road closure** — Titus Boulevard from St. Lo Drive to Specker Avenue will be closed through Thursday. There may also be delays as construction equipment is moved across Titus Boulevard and Butts Road south of the Specker/Titus intersection.

**Veterinary Treatment Facility** — An after-hours clinic for microchipping will be held Monday from 4-7 p.m. at the VTF. This is a walk-in clinic so no appointments are required. No other services will be available during the clinic.

Call 526-3803 for details.

**Developmental Disabilities Awareness Day** — Eight sites around Colorado Springs including Acacia Park, Antlers Hilton Palmer Terrace, Pikes Peak Library District branch facilities and Security Service Field will host activities for Developmental Disabilities Awareness Day, Sept. 1. A total of 21 different presentations, activities and productions will take place at these sites.

A complete list of activities and locations may be found at the Web site [www.ttre.org](http://www.ttre.org).

**National Night Out** — National Night Out is also known as American's Night Out Against Crime. This year's event will be held Aug. 1 at Fort Carson's Main Post Exchange parking lot.

NNO is designed to heighten crime and drug prevention awareness and strengthen the spirit of neighborhoods and community partnerships.

Come join Army Community Service and other organizations on post as they celebrate NNO. For details call 526-4590.

**Hypertension class** — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, bldg 1526.

To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

**Women's Equality Day workshop** — Fort Carson hosts a Women's Equality Day workshop Aug. 14 from 8 a.m. to 4 p.m. at the Elkhorn Conference Center, bldg 7300. Cost is \$5 per person and includes lunch. Please note the reduced rate.

A choice of menu is being offered: vegetarian, roast beef or turkey. A free information fair will be held throughout the day. Please R.S.V.P. by Aug. 7 by contacting Barbara Dowling or Patricia Rosas at 526-0864 or 526-5818.

**Host families needed** — Foreign high school students are set to arrive soon for upcoming academic semesters and year-long stays and Pacific Intercultural Exchange needs local host families. P.I.E. area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting.

Prospective host families are able to review student applications and select the perfect match. P.I.E. can fit a student into just about any situation whether its a single parent, childless couple, retired couple or large family.

For more information call (866) 546-1402.  
**Post Traumatic Stress help** — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study



Army Community Service

Family Readiness Center, Bldg 1526

TEL.: (719) 526-4590

Exceptional Family Member Program: School Advocacy 101

HOW TO ADVOCATE FOR YOUR CHILD WITH SPECIAL EDUCATIONAL NEEDS

Tuesday, August 8

6:00P.M. to 8:30P.M.

Family Readiness Center, Bldg. 1526

Limited seating. Registration deadline is Friday, July 28.

For more information, call (719) 526-4590.

-How to navigate the special education process.

-Information on special education laws, rights and responsibilities.

-How to interpret Individualized Education Programs (IEP).

-Tactics and strategies for effective advocacy.

-Available community services/support.



of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

**Alcoholics Anonymous** — Alcoholics Anonymous meetings are held at Veterans Chapel Wednesdays at 7 p.m. For more information call 322-9766.

**Claims against the estate** — Anyone with claims against the estate of or indebtedness to Pfc. Timothy J. Madison, deceased, should contact 2nd Lt. Mark Miller at 524-5740.

• Anyone with claims against the estate of or indebtedness to Sgt. James P. Muldoon, deceased, should contact 1st Lt. Branden Graversen at 524-1173.

• Anyone with claims against the estate of or indebtedness to Staff Sgt. Marion Flint Jr., deceased, should contact 1st Lt. Branden Graversen at 524-1173.

• Anyone with claims against the estate of or indebtedness to Staff Sgt. Alberto Virrueta Sanchez, deceased, should contact Capt. Kahrin C. Loeffert at 526-3880.

• Anyone with claims against the estate of or indebtedness to Pfc. Benjamin Alan Rausch, deceased, should contact Capt. Benjamin Jackman at 524-3456.

# Bloom where you're planted

**Commentary by Chap.  
(Maj.) David Causey**

## *3rd Armored Cavalry Regiment*

She had never married, become a mother, or raised children. It was not because of a career — she had no career. She simply didn't need to work. She had inherited a mansion and enough money to last a lifetime.

Then in her 60's, the money and mansion were still there, but the old woman's health was not. Nor was her will to live. Confined to a wheelchair, the old woman never left her musty, century-old mansion — except for Sundays. A local handyman would drive her to church every Sunday. It was her only contact with the outside world. But even at church she didn't mingle with people. The handyman would help her into the church after the service had begun and the people were seated. He would bring her out to her car before the service concluded. She came and left church unnoticed.

No outside activities, no friends, no purpose to live — the old woman began to wonder if her life was worth living. She confided in the only family she had left — a loving and caring nephew — that she had considered suicide. She told her nephew she had to escape the pain and purposelessness of her life. Deeply concerned about his aunt, he knew he had to get her professional help.

Fortunately, her nephew was a close friend of the prominent psychiatrist, Dr. Milton H. Erickson. Erickson was an innovator in the world

of psychiatry. Some would say he was a maverick. He was one of the earliest psychoanalysts to use hypnosis. He had many critics, but they couldn't argue with his results. He was immensely successful. In fact, today — 20 years after his death — his legacy includes 73 institutes worldwide that bear his name.

The nephew knew that Erickson was lecturing in the their city of Milwaukee. He persuaded the great psychiatrist to come and speak with his aunt, hoping he could help her out of her depression.

As Erickson spoke with the woman he discovered that there was one thing left in her dreary life that brought her joy. The old woman raised African violets. In fact, she was a gifted horticulturist. She had an entire green house filled with African violets and other exotic flowers.

Erickson then turned to the woman and told her, "Madam, your problem is not depression. Your problem is that you're not a good Christian."

"What? But I go to church every Sunday — even though it's painful and difficult for me."

"Let me explain. Here you are with all your money, time on your hands, and a green thumb. And it's all going to waste. What I recommend is that you get a copy of your church membership list and then look in the latest church bulletin. You'll find announcements of births, illnesses, graduations, engagements and marriages in there — all the happy and sad events in the lives of people in the congregation. Make a number of African violet cuttings and get them all well-established. Then repot them in gift pots and have your handyman drive you to

the homes of people who are affected by these happy and sad events. Bring them a plant and your congratulations or condolences and comfort, whichever is appropriate to the situation."

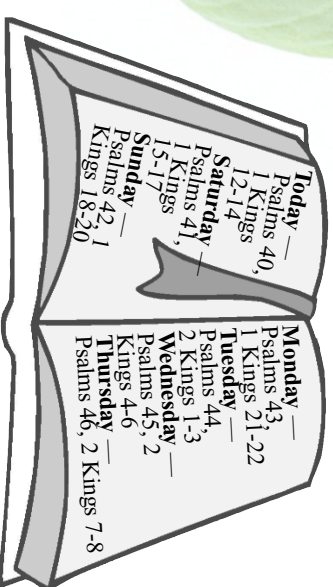
Immediately, the old woman's outlook changed. She realized she had fallen down in her Christian duty and vowed to find her niche in life and become a blessing to others.

Ten years later, as Erickson was reading the Milwaukee Journal, he came across an amazing article. The article headline read: "African Violet Queen of Milwaukee Dies, Mourned by Thousands."

The article detailed the life of this incredibly caring woman who had become famous for her trademark flowers and her charitable work with people in the community.

The Scripture says, "*There is more happiness in giving than in receiving.*" Acts 20:35

**Daily Bible readings:** To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.





## Job shopping

*Chief Warrant Officer 2 Corey Mallard speaks with representatives from Adams Aircraft Company at a career fair held at the Special Events Center July 7. Adams Aircraft is a firm that designs, manufactures and maintains two styles of aircraft — twin engine jet and twin engine prop-driven aircraft. There were 85 companies at the career fair that offered Soldiers and family members a glimpse at what opportunities may be available to them following their military stint.*



Photo by Master Sgt. Dennis E. Beebe



# PMO to spot check motorcyclists for safety

**by 1st Lt. Ryan Triplett**

*Provost Marshal's Office*

The Army as a whole has seen a dramatic increase in the number of motorcycle fatalities over the past few years. In light of this, there is an increased effort to enhance motorcycle safety awareness.

Throughout the summer, there will be an increased focus on spot checking motorcyclists to ensure they have the required documentation and safety equipment.

Those individuals not meeting the specified criteria may be denied access to the installation until the deficiency is corrected, or if already on the installation, may be cited by Fort Carson police and/or required to park the motorcycle until the deficiencies are corrected.

The following paragraphs outline the requirements to operate a motorcycle on the installation as found in Appendix B of Army Regulation 385-55, Prevention of Motor Vehicle Accidents, and Department of Defense Instruction 6055.4, Enclosure 3, and apply to all personnel, civilian or military, operating a motorcycle on Fort Carson.

As with any motorized vehicle, proper documentation of a motorcycle license or endorsement is required to operate on the installation.

In addition, proof of completion of an authorized motorcycle safety course is required. This is satisfied by either the safety course offered by Fort Carson or any other Motorcycle Safety

Foundation endorsed class.

Proper safety equipment is also required to operate a motorcycle on the installation. Proper equipment is identified as follows:

- Helmets must be certified to meet Department of Transportation standards and be properly fastened under the chin.
- Eye protection: Impact- or shatter-resistant face shield or goggles that have a securing strap around the head. Sunglasses or motorcycle windshields are not considered approved eye protection.

- Full length pants
- Long-sleeved shirt or jacket
- Full-fingered gloves
- Leather boots or over-the-ankle shoes
- Brightly-colored, high-visibility clothing during the day and reflective vest or belt at night. Note: ACU/DCU/BDU's do not constitute brightly-colored clothing. Also, simply being reflective does not qualify as "brightly colored" to fulfill the daytime requirement (for example, using blue reflective belts, as blue is not considered "bright").

Soldiers should note that these guidelines apply to anytime or anywhere a Soldier operates a motorcycle, whether it is on or off the installation.

**Courtesy photo**

*The Soldier at right wears appropriate gear for motorcycle riding. He has a Department of Transportation approved helmet, impact-resistant goggles, full-fingered gloves, boots, long pants, a jacket and a high-visibility, brightly-colored belt.*







# Community Policing



## Department of the Army Police



**Name:** Officer John E. Cross  
**Experience:** Officer John E. Cross has been assigned to the Office of the Provost Marshal, Department of the Army civilian police since May 2004. Cross currently works as an officer assigned to the Fort Carson police.  
**Quote:** "Be safe, buckle up."

## Military Police



**Name:** Spec. Joel L. Scafella  
**Experience:** Spec. Joel L. Scafella has been on active duty for three years. He is currently assigned to the 59th Military Police Company. Scafella's operational deployments include two tours to Iraq. He currently serves the Fort Carson community with law enforcement duties.  
**Quote:** "Hold the gate."

## Alutiq-Wackenhut Security Services



**Name:** Officer Mark Smith  
**Experience:** Officer Mark Smith served four years in the U.S. Navy and five years with the Army's Military Police Corps. He holds a bachelor of arts degree in Criminal Justice and has worked two years in personal security. Smith has worked for Alutiq-Wackenhut Security Services for two years as a lieutenant.  
**Quote:** "Just get it done."

# 2006 World Breastfeeding Week set

## Evans Army Community Hospital

Research is clear that breastfeeding is optimal nutrition and the perfect, life-sustaining food for babies. Breastfeeding provides nutritional and health advantages that last far beyond infancy, and offers health benefits to mothers as well.

Nearly all women are able to

breastfeed when they receive consistent and accurate information and are supported by their health care team, family and community in an environment that is breastfeeding-friendly, according to the International Lactation Consultant Association. Highlighting the importance of protecting breastfeeding in communities is the theme for the

2006 World Breastfeeding Week, Aug. 1-7, "Code Watch: 25 Years of Protecting Breastfeeding."

The theme celebrates the 25-year history of the International Code of Marketing of Breastmilk Substitutes, which provides guidelines for the appropriate marketing of infant formula and bottle feeding products, and challenges communities to provide a supportive environment.

According to Sue Cox, president of the International Lactation Consultant Association, new mothers are highly susceptible to messages that may glamorize alternatives to breastfeeding and these messages come at a time when they may lack the confidence to breastfeed.

"When their healthcare provider, whom they trust, is the one delivering the information on behalf of companies that manufacture formula or bottles, it seems easy to discontinue breastfeeding if concerns arise. As a result, vulnerable infants pay the price worldwide with higher rates of infections, disease and death by not breastfeeding."

The World Health Organization currently estimates that 1.5 million

infants around the world die each year because they are not breastfed, and in areas where water is unsafe, bottle-fed children are 25 times more likely to die from diarrhea than breastfed children.

According to Cox, providing a supportive breastfeeding environment can make the difference.

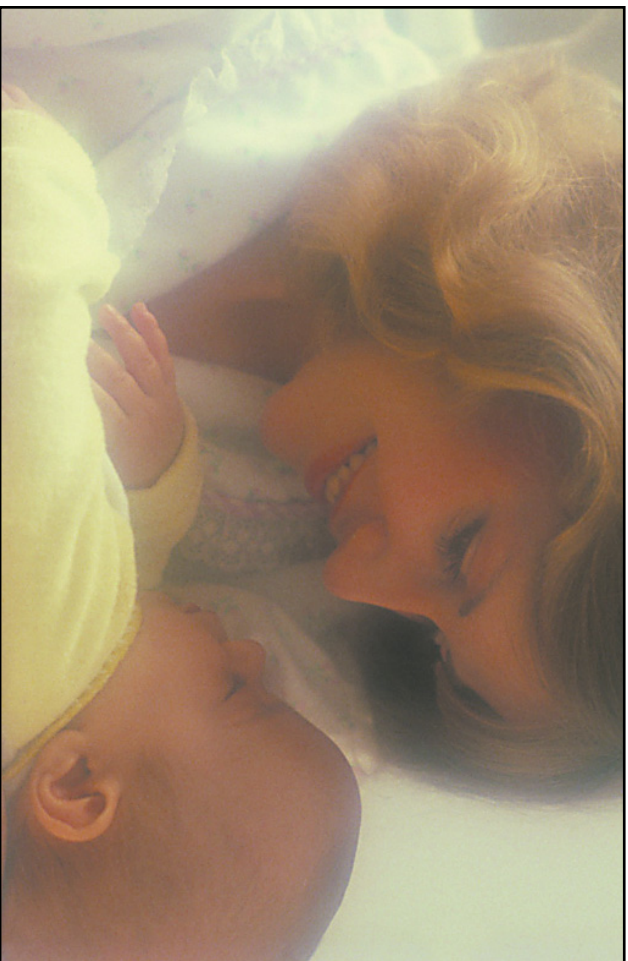
"International Board Certified Lactation Consultants are able to help families throughout the entire period that mother and baby are breastfeeding," said Cox.

For more information on IBCLCs, visit the ILCA Web site at [www.ilca.org](http://www.ilca.org).

Evans Army Community Hospital has a dedicated team of providers, nurses and staff who are able to assist community members with their breastfeeding needs.

EACH will host a display on the East-end foyer with information and giveaways Aug. 1-7.

To learn more about local World Breastfeeding Week activities contact Cathy Hadley at 526-0330.



Keep abreast of Fort Carson happenings, visit the Web site at [www.carson.army.mil](http://www.carson.army.mil).



# 'Back off,' give critters room they need, says wildlife specialist

by **Richard Bunn**

*Directorate of Environmental Compliance and Management*

It's mid-summer and baby critters are everywhere on Fort Carson. Not just downrange in the woods and along the creeks where they belong, but in housing areas, around offices and probably in resident's back yards. Foxes are denned under buildings and every shrub seems to have a bird nest in it. Lots of animals are around, mostly young ones, and they are hard to miss.

During this season, there's one important rule to remember: don't give in to an urge to help wildlife, particularly the young critters.

Many species of birds, especially the ones nesting in yards — blue jays, blackbirds, robins and finches, leave the nest before they can fly. They can be found on lawns, in the street and in the bushes around houses.

They look hungry (they are) and abandoned (they are not). Their parents are still feeding them and trying to keep them safe, but they are in the background because they generally will not approach their young if people are too close.

That's why the best policy is to just back off and give them the room they need.

If a bird is obviously too young to leave the nest, it's OK to return it to the nest, which should be nearby unless the young bird was dropped by a predator or a child. It's OK to pick up a young bird and put it in a nearby shrub or tree to keep it away from cats and dogs, but that should be the end of

human involvement.

Less commonly seen than birds are larger animals like deer. Right now the young deer are about the size of a large spaniel, and like the baby bird, they too seem to be abandoned — they are not.

Approaching a young deer seems benign, but by doing so it increases the odds that a predator (that isn't in sight or that will come along later and follow the human scent) will find the young deer with a human's unintentional help. Just don't do it, no matter how helpless the animal seems to be. Getting close for a better look does matter, especially if the young deer stands up or moves — just don't do it.

The best thing to do is give wild animals the space they need to thrive and grow and let Mother Nature take care of her own. On the other hand, if a person is certain a baby bird is abandoned or if it is obviously too young to be out of the nest, or if any creature is obviously injured or can't take care of itself, call the DECAM Wildlife Office at 524-5393/5356. For after-hours emergencies on post contact the military police at 526-2333. For people who live off post, contact the Division of Wildlife at 227-5200 or the Colorado State Patrol at 635-0385 or 544-2424.

Visit the Wild Forever Foundation online at [www.wildforever.org](http://www.wildforever.org) for local information about caring for abandoned or injured wildlife. Wild Forever operates a center in Colorado Springs for taking in injured and abandoned wildlife. They can be reached by phone at 475-9453 from 7 a.m. to 10 p.m.



Photo by Bobby Day, DECAM Wildlife Office

**Elaine Webb, licensed rehabilitator for the Colorado Division of Wildlife, cares for a fawn. Wildlife specialists urge the Fort Carson community to leave animals alone unless they are obviously hurt or in imminent danger. Residents may contact the Directorate of Environmental Compliance and Management at 524-5393/5356 with questions.**





# Open Firehouse



The Fort Carson Main Fire Station is a 17,000 square-foot facility located at the corner of Prussman Boulevard and Wetzel Avenue. The new station was completed earlier this year and replaced three other facilities used by the fire department.

The Main Fire Station has shower rooms for males and females with three tiled shower stalls in each.





The lobby's reception area is one of the first things visitors see when entering the Fort Carson Main Fire Station.



The police and 911 dispatch are located within the new fire station building.



Firefighter and emergency medical technician, Anna Timchenko, prepares homemade cookies in the Main Fire Station's industrial kitchen.

Each firefighter has his or her own "dorm" room with climate control and alert system.

The firefighting gear and firetruck are on standby at all times, ready when firefighters are called out in a hurry.

**Story and photos by Sgt. Clint Stein**  
*Mountaineer staff*

It wasn't long ago that members of the Fort Carson Fire Department were sleeping in run down buildings that were built before most of them were even born. Now, after the completion of the new fire station, the firefighters have a place they are pleased to call their home-away-from-home.

Located on the corner of Prussman Boulevard and Wetzel Avenue, the main fire station is a 17,000 square-foot facility that is state-of-the-art, said Chief Glen Silloway, Fort Carson supervisory firefighter. He said the main fire station is larger than the three other facilities they formerly used, combined. It has five bays that hold two fire engines, a ladder truck, two brush trucks, a hazardous material truck and a heavy rescue truck.

Aside from the differences in size, Silloway said the main fire station also has more amenities for the firefighters and emergency medical technician personnel. There are 13 different dorm rooms, each with its own climate control and alert system.

Jeff Golden, EMT, said he likes the new alert system because it can be programmed for each individual who is on call for a particular truck.

If personnel are sleeping in their room when they are alerted, they are awakened by a soft pitched buzzer and a light emitting diode that increases intensity ever so slightly to ease the stress of waking up in the middle of the night in a hurry, said Silloway.

In addition to the new alert system, personnel also have some of the comforts of home with shower rooms for male and females, a large industrial kitchen, entertainment lounge and separate washer and dryers for the firefighters' gear and clothes.

All of the firefighters' equipment and "dorm" rooms are located on the south side of the facility. On the north side of the facility is where the central police and 911 dispatch is located, along with the administrative offices and the fire prevention offices.

Silloway, who helped in designing the building, said he and the other people who work in the facility are proud of the new place and have been enjoying it since it was completed in February.

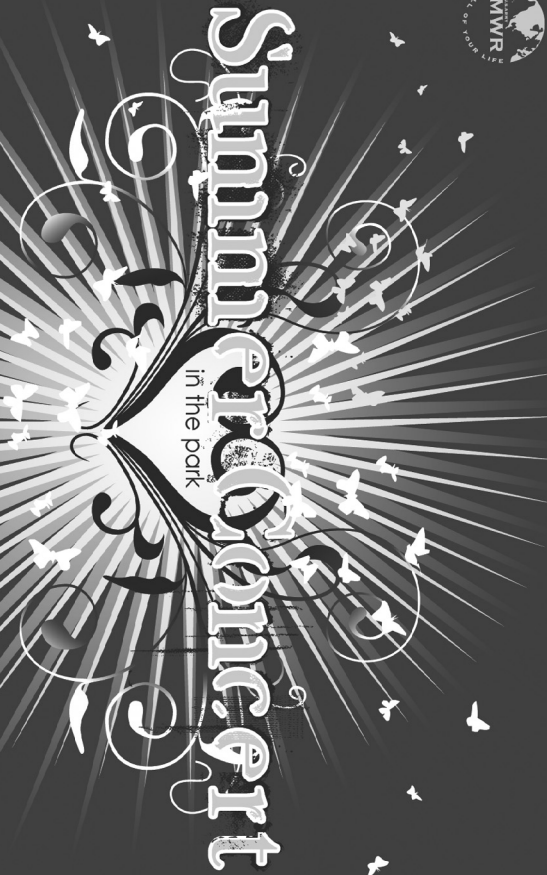




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July 15 - 21, 2006

# Out & About



every thursday, July 6 - august 10  
iron horse park

julio and me - July 6  
dwight shaw big band - July 13  
the riders - July 20  
chase n' the dream - July 27  
world's most dangerous band - August 3  
blue steel - August 10

All performances are **FREE** and begin at 6:00 pm  
for more information **526-4494**

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The Legend of Zorro - July 6  
Daddy Daycare - July 13  
The Adventures of Milo and Otis - July 20  
13 Going On 30 - July 27  
The Adventures of Shark Boy and Lava Girl - August 3  
Zathura - August 10

Every Thursday from July 6 to August 10 at Iron Horse Park.

Admission is **FREE** and the show starts right after the Concert.  
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For more information call **526-4494**



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Mountainside Elementary School • Fort Carson

(1-hour, intermission-free concert)

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McMahon Theater • Fort Carson

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Jeffrey Kahane | CSO Music Director & Pianist  
The Marriage of Figaro Overture  
Piano Concertos Nos. 21 & 22  
7:30 - 9:30 p.m.  
(including intermission)



Tickets: Fort Carson MT - (719) 526-5286 • Ft 9-6 - S&L 7-4 - San Diego | Mt France Academy TT - (719) 353-3241 | Peterson Mt France Base TT - (719) 526-1780  
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# Hauppauge

## National Park

**Story and photos by Nel Lampe**  
*Mountaineer staff*

It's surprising to see sand dunes in the Rocky Mountains, but that's what the Great Sand Dunes National Park centers around.

Capt. Zebulon Pike encountered the sand dunes during his 1806 exploration through Colorado. He and his men were "descending sandy hills," now known as the Great Sand Dunes. He described the dunes as that of a

"sea in a storm, except as to color ..."

That description still fits. The accumulated sand bears a resemblance to an ocean — waves of sand cover the surface.

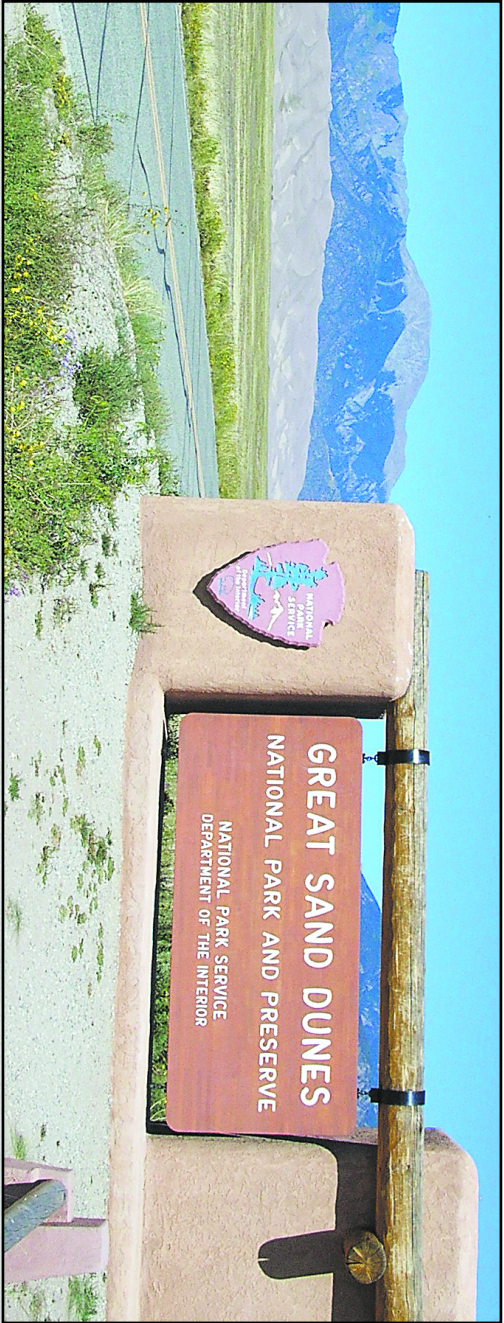
The first view of the sand dunes reveals an odd, muddy-colored stripe on the Sangre de Cristo Mountains. But the sand dunes become more spectacular, the closer you get. Huge piles of sand cover 30 square miles, with the highest dune some 750 feet above the valley floor.

A common question is, why is all that sand piled in front of these snow-covered Rocky Mountains?

Sand has been accumulating at the foot of these mountains for thousands of years, perhaps as many as 12,000 years. Some people theorize that the sand might have eroded from ice-age glaciers.

Prevailing winds blow billions of grains of sand through the valley.

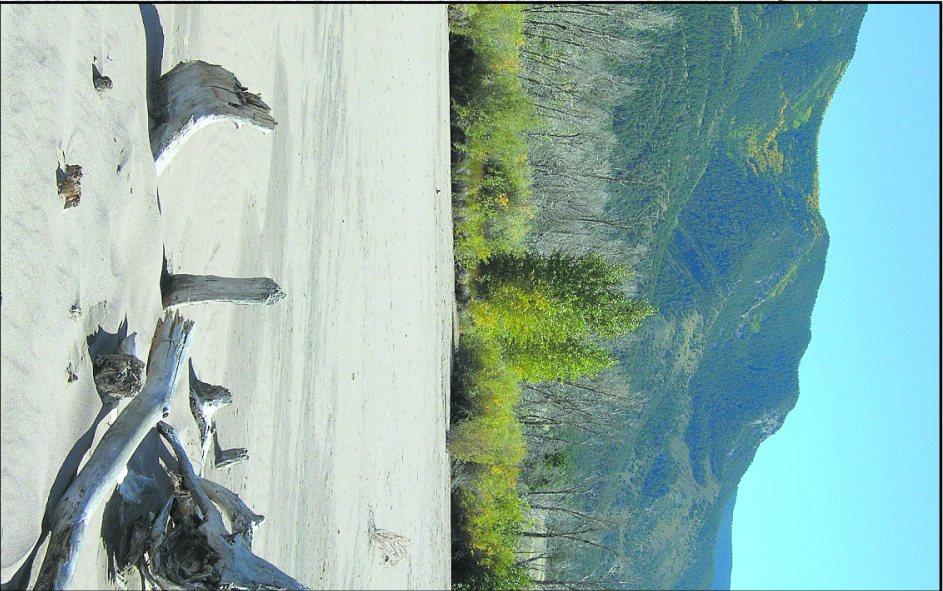
See **Dunes** on Page 26



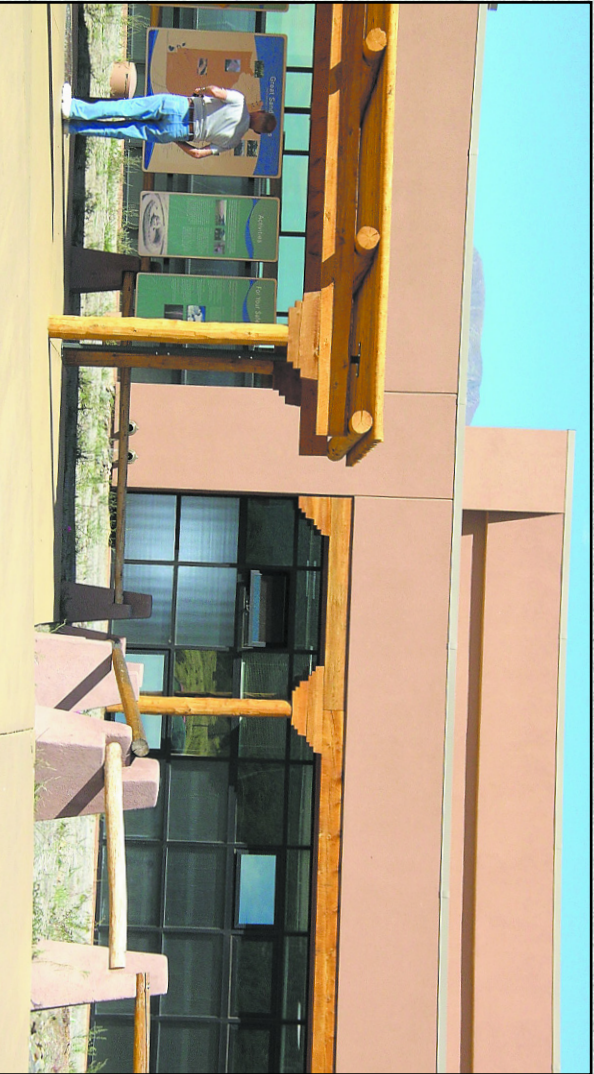
**Above:** Visitors arrive at the entrance to the Great Sand Dunes National Park.

**Left:** A hiker washes sand from his feet after a walk on the sand dunes.

**Right:** Driftwood collects on the sheet of sand at the edge of the sand dunes.



**Below:** A visitor looks at displays at the visitor center entrance.



Places to see in the Pikes Peak area.  
**July 14, 2006**



Dunes

From Page 25

Unable to exit the valley, the sand falls to earth. Over the centuries the sand continued to accumulate at the foot of the mountain range. Now the sand covers 30 square miles, with dunes reaching as high as 750 feet. Winds, air currents, water and breezes scatter the sand. Although there are similar large deposits of sand in 20 states, Colorado's dunes are the tallest in North America.

The Great Sand Dunes National Monument was established in 1932 by then President Herbert Hoover. A few years ago Congress passed an act to make the Great Sand Dunes a National Park and Preserve and authorized the acquisition of more land. The new park and preserve contains about 150,000 acres and became the nation's 58th national park in 2004.

Once there, visitors find the Sand Dunes invite exploration. Almost 300,000 visitors are at the Great Sand Dunes each year, many of them walking on the dunes. Some visitors play volleyball or fly kites

on the sand next to Medano Creek. Other visitors play in the sand or build sand castles. Still other visitors decide to hike to the top of the dunes, becoming mere specks in the distance as they plod along. Younger visitors may try sliding on the sand, using flattened cardboard boxes or snow saucers.

Visitors should be prepared for the hot sand with sunscreen, hats and sunglasses. It's an arduous hike across the hot sand; walking is slow and shoes quickly fill with sand. Take drinking water.

Shallow Medano Creek, if there's water in it, runs between the parking lot and the sheet sand. It's a visitor favorite for splashing and wading.

The best time to visit the sand dunes is in spring or fall; although most visitors arrive in summer when sand temperatures may reach as high as 140 degrees. Summer visitors must also be on the watch for afternoon thunderstorms and lightning danger. The dunes are at about 8,000 feet altitude.

The dunes can be visited in winter as snow melts quickly on the warm sand. The park is closed

on winter federal holidays. The newly expanded Great Sand Dunes National Park visitor center is open from 9 a.m.-6 p.m. during the summer.

Rangers are on duty to answer questions. There's a video to watch and exhibits to see, as well as a book store and gift shop. Visitors can look at the dunes through a viewing scope on the visitor center porch.

The dunes aren't far from the visitor center — ask a ranger for directions to the parking lot with access to the dunes.

Call the visitor center at (719) 378-6399 for information about interpretive programs, guest speakers, concerts and hayrides. The Great Sand Dunes National Park is at [www.nps.gov](http://www.nps.gov).

The Great Sand Dunes has picnic areas, hiking trails and camping.

The Pinyon Flats Campground has 88 camping sites, available on a first come, first served basis. The sites have running water, but no showers or electricity. Call (719) 376-2312 for camping reservations. Camping fees are \$14 per day. Just before reaching the Great

Sand Dunes National Park is a privately owned facility, the Great Sand Dunes Oasis, 5400 Highway 150; which offers sand dune tours, food,

camping, souvenirs and gasoline from April to October; call (719) 378-2222, or go online at [GreatSandDunesOasis.com](http://GreatSandDunesOasis.com).

There is a charge to visit the Great Sand Dunes: \$3 per person over 15 years of age. Rangers at the entrance will ask for the fees, and issue a pass to be displayed.

The Great Sand Dunes is about a three-hour drive from Fort Carson. For overnight stays, the town of Alamosa is about 35 miles from the dunes. Contact the Alamosa Chamber of Commerce at (719) 589-3681 or call the Alamosa Visitor Center at (800) 258-7597.

Other attractions in the area include the restored U.S. Army frontier post at Fort Garland, about 50 miles before the Sand Dunes and an alligator farm, "Colorado 'Gators," about 25 miles west of the Sand Dunes in Mosca; the phone number is (719) 378-2612.

To reach the sand dunes, head south on Interstate 25 to Walsenburg, then take Colorado Highway 160 west. Shortly after the town of Fort Garland, turn north on Highway 150. It's about 18 miles to the park entrance; about 150 miles from Fort Carson.

After paying the fee at the entrance, continue to the visitor center, about a mile and a half ahead, on the left.



**Left:** Hikers head for the parking lot after an afternoon hike on the sand dunes.



Well-prepared hikers, with water and snow saucers, head for the sand dunes, passing returning hikers.

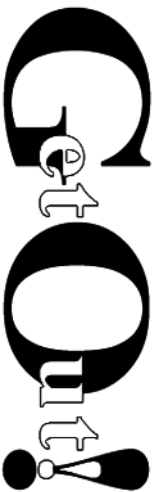
Just the Facts

- Travel time: about 3 hours
  - For ages: all
  - Type: sand dunes
  - Fun factor: ★★★★★ (Out of 5 stars)
  - Wallet damage: \$ entry
    - \$ = Less than \$20
    - \$\$ = \$21 to \$40
    - \$\$\$ = \$41 to \$60
    - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)



**Left:** Visitors shop in the well-stocked gift shop at the Great Sand Dunes National Park and Preserve visitor center.





## Fort Carson night at the rodeo

The 66th Pikes Peak or Bust Rodeo runs through Sunday in Norris-Penrose Stadium, on Rio Grande between Eighth and 21st streets. Tickets are at TicketsWest, 576-2626. Fort Carson night is today at 7:30 p.m. Soldiers and families get a discount.

## National Little Britches Rodeo

Military members and their families get in free at the National Little Britches Rodeo performances Monday through July 22, at the Colorado State Fairgrounds in Pueblo by showing military identification. For more information go to [www.nlbpra.com](http://www.nlbpra.com).

## Springs Sings concert

In honor of Zebulon Pike, who first saw Pikes Peak 200 years ago, today is "Springs Sings." The celebration in America the Beautiful Park in downtown Colorado Springs has a choir-led all-city sing of "America the Beautiful" at noon followed by an hour-long chorale concert. At 7 p.m. "Flash Cadillac" performs, followed by a movie at 9 p.m. There'll be food, dancing, a beer tent, and entertainment for the children.

## World Theatre

The Colorado Festival of World Theatre

is Thursday through July 30 in various theaters in Colorado Springs and Woodland Park. Featured productions include "Black Comedy," "Talking Heads," "Toxic Audio," "Frogz," Shakespeare's Villains," and "Emergence-SEE!." "Frogz," set for July 25-29 in Woodland Park at the high school, has discounted tickets for military members and their families. Learn more about the productions and tickets at [www.ColoradoFestival.org](http://www.ColoradoFestival.org), (719) 955-2599.

## Free concerts

A free concert featuring the Colorado Symphony Orchestra is in McMahon Theater Wednesday at 7:30 p.m. Tickets are free and available at Information, Tickets and Registration.

There's a free concert in Ironhorse Park at 6 p.m. every Thursday until Aug. 10.

Patty Clayton and the Cimarron Wind Band perform a free concert today at 7 p.m. at the Rock Ledge Historic Site, off 30th Street next to Garden of the Gods Park entrance. Attendees should bring chairs or blankets.

## Colorado State Fair

The Colorado State Fair at the State Fairgrounds in Pueblo runs Aug. 25 through Sep. 4. Concerts at the fair include Rick Springfield, Seether and Trap, Howie Mandel, Blake Shelton, Carrie Underwood, Neil Sedaka, Big and Rich with Cowboy Troy, Los Lonely Boys, Freddy Fender and REO Speedwagon. Tickets range from \$12 to \$30; call 520-9090 or (303) 830tixs.

## Academy football

Ready for football? Air Force Academy Falcons football home schedule includes New Mexico Sept. 30, Navy Oct. 7, Colorado State Oct. 12, Brigham Young University Oct. 28, Notre Dame Nov. 11 and Utah Nov. 18. Call the ticket office at 472-1895 or visit [www.GoAirForceFalcons.com](http://www.GoAirForceFalcons.com).

## Rockies appreciate military

Coors Field has military appreciation days at Colorado Rockies games with the Milwaukee Brewers in July and August, the New York Mets in August and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and a credit card must be used. This offer is not available at Coors Field ticket windows. See the post Web site, [www.coors.army.mil](http://www.coors.army.mil) for more information.

## Sky Sox hosts military Sundays

Sky Sox Baseball Club honors troops with military Sundays. All active duty, retired or activated reservists, national guard and Department of Defense families receive 50 percent off Sunday home game tickets at the box office. Games include the Fresno Grizzlies Sunday; the Albuquerque Isotopes Aug. 6; Salt Lake Stingers Aug. 13 and Sacramento River Cats Sept. 3. For more information go to [www.skysox.com](http://www.skysox.com).



## Happenings



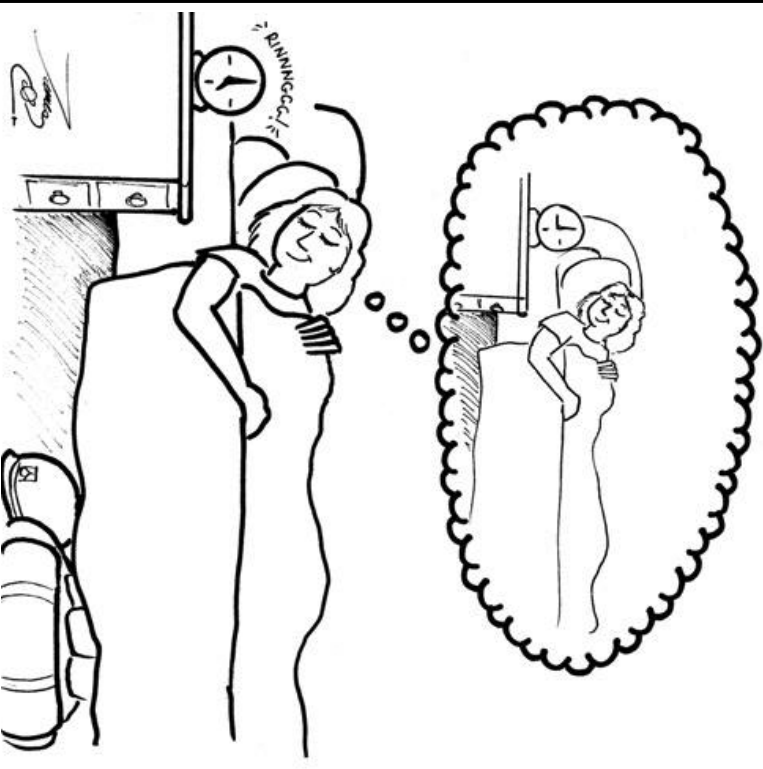
Mountaineer file photo

### Pikes Peak or Bust Rodeo

The 66th annual Pikes Peak or Bust Rodeo runs through Sunday at Norris-Penrose Stadium. Today's performance is dedicated to Fort Carson. The performance begins at 7:30 p.m. Soldiers get a discount on tickets sold through TicketsWest, 576-2626.

### Buster's Baghdad

by Maj. James D. Crabtree





# SPORTS & LEISURE

## Daniels scores impressive victory

**Story by photos  
Walt Johnson**

*Mountaineer staff*

Sometimes it pays to be good and then sometimes being good can be a heavy burden on a budding boxing career.

Torrence Daniels, formerly with the World Class Athlete Program and currently a member of the U.S. Army here, is finding out that his outstanding abilities and excellent amateur record is keeping many people away from him as he tries to climb up the ladder in the professional bantamweight division.

Daniels was one of the feature fighters on the ESPN 2 fight card July 5 at the City Auditorium in downtown Colorado Springs. Daniels did not disappoint a national television audience or those who made the trek from the Mountain Post to see him fight as he scored a first-round knockout. The victory set himself up for more fights in the future that could lead to his dream, a title fight.

This was supposed to be a huge test for Daniels as he took the fight knowing he would be at a disadvantage facing a bigger fighter. Daniels has overcome obstacles in the ring in the past but this seemed to be as huge a

test for him as he has seen in the professional ranks.

Basheer Abdullah, World Class Program head coach and Daniels' head trainer, said that the fact his fighter was outweighed by so much meant they had to fight a strategic battle and they wanted to see just how much their gym work paid off.

"We told Daniels to be disciplined with his defense going into the fight. We didn't want to take any risks and get caught coming out after wild shots and he did that. We wanted to see how strong our opponent was, take the fight into the later rounds and see if he would fade a little bit. Our plan was to take the fight into a later round and then we would go to work," Abdullah said.

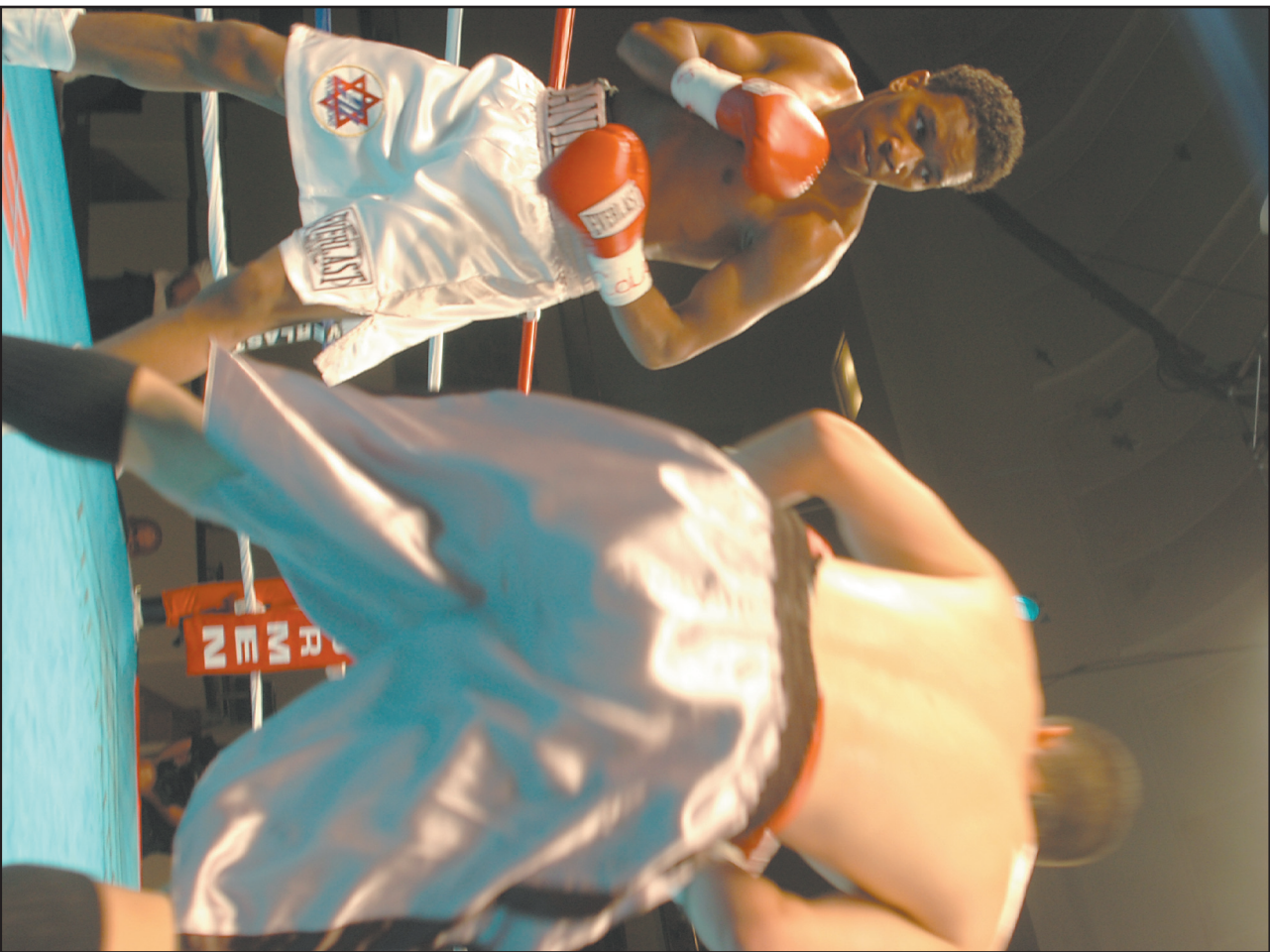
But this fight wasn't destined to go to the later rounds, even though all the preliminary signs were it would. Daniels said the first round was supposed to be a feeling-out round but it turned out to be the beginning of the end for his opponent.

"The guy outweighed me by about 15 or 20 pounds but I knew that going into the fight. I knew he would be dangerous early so our game plan was to stay away from

See **Boxing** on Page 40



*Torrence Daniels, left, gets advice and his mouthpiece from his trainer Basheer Abdullah, before the first round of his bout.*



*Torrence Daniels, left, sizes up his opponent during early-round action.*



*Torrence Daniels, right, watches as his opponent crashes into the ring ropes after Daniels hit him with a hard right hand.*



## On the Bench

# Sign ups under way for youth tackle football season

**by Walt Johnson**  
*Mountaineer staff*

The tackle football season is just around the corner and sign ups are now taking place at the Memorial Park office, Pikes Peak and Union, in downtown Colorado Springs.

The tackle football program that post youth participate in is part of the Colorado Springs Youth Sports Program. While the athletes represent Fort Carson and practice on Fort Carson, sign ups must take place at the Colorado Springs sports office now through July 21. According to Colorado Springs sports officials, no sign ups will be accepted after July 21.

When signing up your child, he or she must be present with you. The fee for playing in the league is \$60 and must be paid to the Colorado Springs Youth sports office. At the time of registration your child will be weighed and you will receive tackle football equipment for the season.

If you want your child to play for the post team you must let them know at the time of registration so they can be placed on the post team. If not, they could be placed on a Colorado Springs youth sports team.

Practices for the season are scheduled to begin Aug. 15 with the season slated to run through Oct. 28.

For more information on the program contact the youth sports office at 526-1233.

**Fort Carson active Soldiers can take advantage of a great golfing opportunity Aug. 5 when** the Sanctuary Golf Course, just south of Denver, in Sedalia, will host Army Day at the Sanctuary from 7 a.m. to 6 p.m.

According to Lt. Col. Dave Johnson, event liaison, Soldiers can sign up on a first come, first served basis by contacting him at [david.johnson@carson.army.mil](mailto:david.johnson@carson.army.mil). There are 100 slots available for



Photo by Walt Johnson

## Hoopin' it up

*Quincy Davis, with the ball, looks to pass out of a double team effort by the defense during midnight basketball action Friday at the post youth center.*





Photo by Walt Johnson

## "USA, USA"

*USA Under-18 forward, Kayla Pedersen, 11, grabs a rebound in front of teammate Jayne Appel and Canada's Laurelle Weigl during championship game action July 2. The USA team won the gold medal, going undefeated in the tournament by defeating Canada 87-52.*

## Bench

From Page 32

Soldiers to golf at the event. Signs up are taking place from now until July 28 but you will want to sign up as soon as possible. People interested in golfing must provide their own golf clubs since the Sanctuary does not rent golf clubs.

**The Directorate of Morale, Welfare and Recreation will host a battalion level boxing smoker at the post Special Events Center with the first bout scheduled to begin at 6 p.m.**

The bouts are being set up in the following weight classifications: 112-125 pounds; 126-139 pounds; 140-147 pounds; 148-156 pounds; 157-165 pounds; 166-178 pounds; 179-199 pounds and 200 or more pounds.

Anyone interested in fighting in the event should sign up at the DMWR sports office, bldg 1217 through Aug. 15. For more information on the event contact Lamont Spencer or Joe Lujan at the DMWR sports office at 526-6630.

**Both the men's and women's varsity softball teams are looking for a few good players.**

Both teams are feeling the pinch of summer rotations and military commitments that have robbed them of players for the upcoming summer playing season. Any player who would like to play on the varsity men's or women's softball teams should contact Bill Reed at the post Special Events Center at 524-1163.

**The Director of Morale Welfare**

**and Recreation sports office will hold its intramural football organization meeting July 27 at 1 p.m. at building 1217.** For more information contact Lamont Spencer or Joe Lujan at 526-6630.



## Mountaineer Fitness Feature

### Weight Training

*Daniele Dungen, front left, leads a class through a weight training aerobic exercise Friday at Forrest Fitness Center. The center offers aerobic classes six days a week with emphasis on training regimens that are beneficial to any type of training needed. For a complete list of the classes contact the fitness center at 526-2706.*

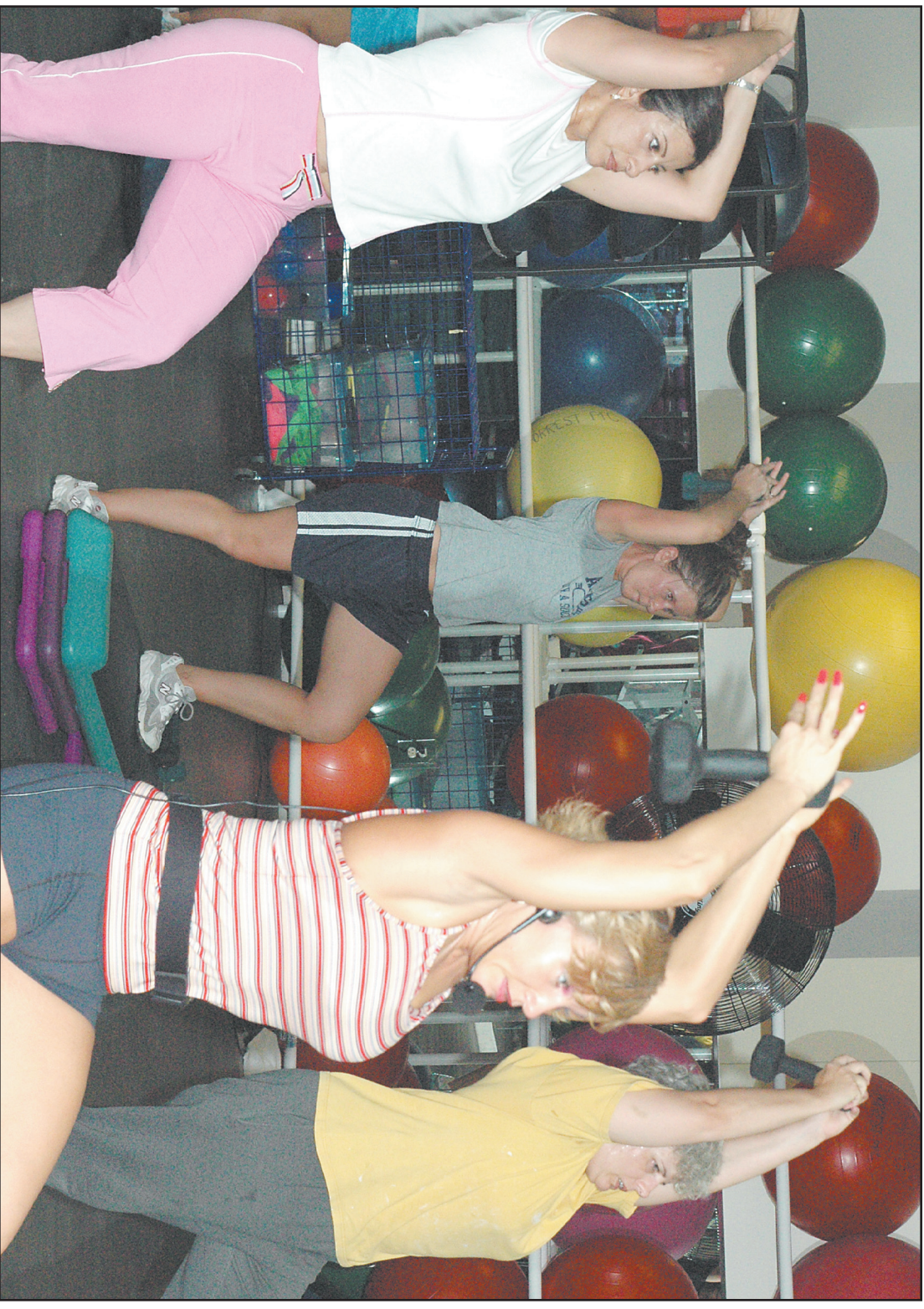


Photo by Walt Johnson



## Mountaineer Youth Sports

### Picture Perfect

Tar Heels' 10 to 12 year old coach Bill Reed, third from left, prepares his team for picture day Saturday at the youth center. Rain washed out the day's games for the young team but they and other teams in the senior division were able to enjoy having team and individual photos taken.



Photo by Walt Johnson



## Mountaineer Sports Feature

### Swim stars

Members of the Mountain Post swimming team, from left (with their new personal swimming highs achieved in parentheses), Luke Erickson, (25-meter breast and backstroke and freestyle)

Grant Knorr, (50-meter breast and back stroke), Brianna Bagshaw, (400-meter intermediate), Lucas Gates, (100-meter intermediate and 50-meter breast stroke), Garrett Knorr, (100-intermediate, 50-meter fly stroke and 50-meter breaststroke) Syerra Bagshaw, (100 intermediate) and Mark Erickson (100-meter intermediate and 50-meter freestyle) take some time from practice to get in a group photo at the Little Cuda Swim Meet in Castle Rock Saturday.

The swimming team is now preparing for two upcoming meets, the state tournament in late July and the Rocky Mountain State Games in August.



Photo by Walt Johnson



## Boxing

From Page 31

him for the first 30 to 45 seconds and see what he had. We wanted to see if he had crisp, clear combinations or if he was just a wild brawler type of fighter.

"After the first 30 seconds I recognized his style and I realized that I could make all his punches miss me or I could catch them and counter off his punches. Also, after the first 30 seconds I had felt his power so I was confident in what I could do. I knew he wouldn't be able to match me speed wise and once I saw how he threw his punches I could actually judge my counter speed. I knew that his speed was such that I could counter with two or three punches to his one punch," Daniels said.

And that is exactly what Daniels did late in the first round and before long he had hurt his opponent with a vicious body shot that took the life out of his legs and the desire out of his heart.

"One of the things I felt I could do after I sized him up was go to the body. I went to the body early because I wanted to wear his body down so that by the third or fourth round I could really shine. I hurt him to the body earlier than I expected. Once I hurt him I wanted

to continue to work the body since that was our game plan coming into the fight anyway. Once I saw that he couldn't take the body shots I started applying more pressure and hitting him with hard body shots," Daniels said.

The victory improved Daniels professional record to 6-2-1. He said he is ready now to take the next step which means fighting more often and positioning himself for a shot at a U.S. title and then put him in position for a world-title shot.

"I'm not satisfied at all with where I am in my professional career. I have been a professional for two years now and two years ago I had envisioned having about 15 fights by now. The problem I had early in my pro career was I didn't have a promoter and the fighters that did have promoters didn't want to fight me because I was too much of a threat to them. Right now we are looking to sign on with Jew Boy promotions. It will help me be more active because they host fights in this region every month. Talent wise, I think I am up there with the best in the world. Right now I just need to get some fights under my belt and get some rounds in and we'll be where we want to be real soon," Daniels said.



*Torrence Daniels, center, with an assist from assistant trainer Charles Leverette, right and Basheer Abdullah, takes his gloves off after scoring a knock-out.*



Mountaineer Sports Standings

American League		
Team Name	W	L
A Co, 2/2 STB	13	1
HHC, 7th ID	10	2
Maint Co/RSSS	10	3
3rd ACR, ABA	9	3
MEDDAC	6	4
59th QM	5	5
68th CSB	4	5
230th Finance	2	10
A Co, 1/9	4	9
D Co, 2 BSB	1	1
D Co, 1/3	0	6
43rd ASG	0	0



National League		
Team Name	W	L
HHC, 1/12 Inf	8	1
1st MOB	9	4
43rd CEC	5	5
S & T Troop	5	8
71st OD GP	4	4
O Troop, 4/3	4	8
13th ASOS	3	6
HHC, 43rd ASG	3	8
HHC USAG	3	8
3/61 Cav	4	5
89th Chem	4	5
7th ID, IRT Co	4	9

Photo by Walt Johnson  
A runner slides into second base during recent coed-league action at the Mountain Post Sports Complex. Regular intramural league action and the coed playoffs will be beginning shortly on post.